

# HOUSE . . . . . No. 2062

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By Mr. Casey of Winchester, petition of Paul C. Casey and Diane Doherty relative to the licensing of personal trainers. Public Health.

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## The Commonwealth of Massachusetts

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In the Year Two Thousand and Seven.

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AN ACT RELATIVE TO THE LICENSING OF PERSONAL TRAINERS.

*Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:*

1 SECTION 1. Section 23A of chapter 112 of the General Laws, as  
2 appearing in the 2002 Official Edition, is hereby amended by  
3 inserting, after line 51, the following:— “Personal trainer”, any  
4 person who is duly licensed in accordance with this section as a per-  
5 sonal trainer and who limits his practice to private individuals and  
6 who is in direct consultation with a physician or dentist duly regis-  
7 tered in the commonwealth.

8 “Personal training”, the application of principles, methods and  
9 procedures of evaluation and application of fitness conditioning of a  
10 private individual through the use of appropriate preventative and  
11 supportive devices, exercise regimens and exercise equipment. Per-  
12 sonal training is conducted on an individual client basis and may  
13 only be conducted in consultation with a qualified medical practi-  
14 tioner.

1 SECTION 2. Section 23B of said chapter 112 of the General  
2 Laws, as so appearing, is hereby amended by inserting, in line 6,  
3 after the word “trainers,” the following words:— personal trainers,.

1 SECTION 3. Section 23C of said chapter 112 of the General  
2 Laws, as so appearing, is hereby amended by inserting, in line 2,  
3 after the word “trainer”, the following words:— or a personal  
4 trainer,

1 SECTION 4. Said section 23C of said chapter 112 of the  
2 General Laws, as so appearing, is hereby amended by inserting, in  
3 line 7, after the words “athletic trainer;” the following words:— as a  
4 personal trainer;

1 SECTION 5. Section 23D of said chapter 112 of the General  
2 Laws, as so appearing, is hereby further amended by inserting, in  
3 line 2, after the word “trainer”, the following words:— personal  
4 trainer,.

1 SECTION 6. Section 23E of said chapter 112 of the General  
2 Laws, as so appearing is hereby amended by inserting, in line 5,  
3 after the word “trainer” the following words:— personal trainer,

1 SECTION 7. Said section 23E of said chapter 112 of the General  
2 Laws, as so appearing, is hereby amended by inserting, in line 12,  
3 after the word “training”, the following words:— or personal  
4 training,

1 SECTION 8. Said section 23E of said chapter 112 of the General  
2 Laws, as so appearing, is hereby amended by inserting, in line 19,  
3 after the word “services” the following words:— or personal training  
4 services

1 SECTION 9. Said section 23E of said chapter 112 of the General  
2 Laws, as so appearing, is hereby amended by inserting, in line 22,  
3 after the word “trainer” the following word:— or personal trainer,

1 SECTION 10. Said chapter 112 of the General Laws, as so  
2 appearing, is hereby amended y inserting, after section 23F, the  
3 following new section:—

4 Personal trainers; qualifications

5 An applicant for a licensure as a personal trainer shall:

6 (a) have successfully completed an accredited personal training  
7 educational program approved by the board; and has completed a  
8 program of practical training in private training deemed acceptable  
9 to the board.

10 (b) have passed an examination administered by the board. Such  
11 examination shall be written, and, in addition, at the discretion of the

12 board, may be oral and demonstrative, and shall test the applicant's  
13 knowledge of the basic, clinical and physiological sciences as they  
14 apply to physical fitness training theory and practice, including the  
15 applicant's professional skills and judgment in the utilization of per-  
16 sonal training techniques and methods, and such other subjects as  
17 the board may deem useful to determine the applicant's fitness to act  
18 as a personal trainer. The examination shall be conducted at least  
19 twice a year at times a places to be determined by the board.

1 SECTION 11. Section 23L of said chapter 112 of the General  
2 Laws, as so appearing, shall be amended by inserting, in line 2, after  
3 the word "trainer," the following words:— personal trainer,.

1 SECTION 12. Chapter 112 of the General Laws, as so appearing,  
2 shall be amended by inserting, after section 23N, the following new  
3 section:— Personal trainers; necessity for licensure,

4 No person shall hold himself out as a personal trainer or as  
5 being able to practice personal training or to render personal training  
6 services in the commonwealth unless he is licensed in accordance  
7 with section twenty-three B. No person not so licensed may use in  
8 connection with his name the words "personal trainer" or any other  
9 words, letters, abbreviations or insignia indicating that he is a per-  
10 sonal trainer.